

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 02064, Peppermint, fresh ^a

Report Date: October 27, 2015 02:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	78.65	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Energy	kcal	70	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Energy	kJ	293	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	3.75	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Total lipid (fat)	g	0.94	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Ash	g	1.76	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Carbohydrate, by difference	g	14.89	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Fiber, total dietary	g	8.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Minerals													
Calcium, Ca	mg	243	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Iron, Fe	mg	5.08	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Magnesium, Mg	mg	80	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	73	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Potassium, K	mg	569	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Sodium, Na	mg	31	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Zinc, Zn	mg	1.11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Copper, Cu	mg	0.329	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Manganese, Mn	mg	1.176	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Vitamins													
Vitamin C, total ascorbic acid	mg	31.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Thiamin	mg	0.082	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Riboflavin	mg	0.266	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Niacin	mg	1.706	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Pantothenic acid	mg	0.338	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Vitamin B-6	mg	0.129	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Folate, total	µg	114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Folate, DFE	µg	114	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/1996
Vitamin A, RAE	µg	212	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	4248	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.246	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
14:0	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
16:0	g	0.176	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
18:0	g	0.025	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Fatty acids, total monounsaturated	g	0.033	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
16:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
18:1 undifferentiated	g	0.029	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Fatty acids, total polyunsaturated	g	0.508	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	0.069	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
18:3 undifferentiated	g	0.435	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1996
Phytosterols	mg	13	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Amino Acids													
Tryptophan	g	0.058	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Threonine	g	0.154	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Isoleucine	g	0.154	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Leucine	g	0.281	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Lysine	g	0.161	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Methionine	g	0.053	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Cystine	g	0.041	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Phenylalanine	g	0.191	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Tyrosine	g	0.113	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Valine	g	0.187	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Arginine	g	0.173	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Histidine	g	0.075	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Alanine	g	0.195	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid	g	0.443	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Glutamic acid	g	0.409	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Glycine	g	0.180	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Proline	g	0.154	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Serine	g	0.146	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Flavonoids													
Flavanones													
Eriodictyol	mg	30.91	--	2.57	12.27	54.53	--	--	--	--	--	--	--
Hesperetin ¹	mg	10.15	--	0.98	0	21.94	--	--	--	--	--	--	--
Flavones													
Apigenin ¹	mg	5.39	--	3.27	0.24	99	--	--	--	--	--	--	--
Luteolin ¹	mg	12.66	--	1.17	5.48	42	--	--	--	--	--	--	--
Flavonols													
Isorhamnetin ¹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Kaempferol ¹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Quercetin ¹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

¹Justesen, U., and Knuthsen, P. Composition of flavonoids in fresh herbs and calculation of flavonoid intake by use of herbs in traditional Danish dishes., 2001 Food Chem. 73 pp.245-250

Footnotes

^a Leaf